

User Test Summary

We conducted usability testing with 3 athletes in niche sports including Taekwondo, Squash, and Kendo. We first present each individual user, then go on to discuss common issues. Major action points have been **bolded**.

Major Points from User 1 - Kendo

Supporting materials: [Interview Notes](#) | [Zoom recording](#)

Simple:

- Completed without issue

Medium:

- Expected that pressing images would bring up more information about the goal / workout
- No way to remove focus points

Complex:

- **[Recommendation] Contrast: it's hard to see gray on white - change to darker color**
 - “Contrast is very important, when someone or the user because it's supposed to be a way for people to quickly learn something without having to scroll hard to figure stuff out right away.

Other

- **Chat shortcut buttons did not seem connected to chatbot. Tester thought it was about finding more information**
- Suggested to include breaks between workouts
- Not clear how user information was collected & how information would be related to workout generation
- Liked that workouts had an accompanying video

Major Points from User 2 - Taekwondo

Supporting materials: [Interview Notes](#)

Simple:

- Nothing about rest between workout

- Not clear how to move on to next workout (but guessed that it had something to with the checkbox)

Medium:

- **Went to adding workout “+” button first**
- Upload process is too abstracted, expected to go to gallery and pick out video
- Tried pressing the muscle labels in the muscle identification - looked like buttons (same color) – Expected more information

Complex:

- **[Recommendation] Text is little too light – darker would probably be better**

Other:

- Liked Explanation comments on muscle identification
- **Wondering about chatbot → is it actually useful**
- Wondering about previous injuries & how to report injuries
- Questions about chat shortcut buttons → liked soreness (as it’s not often seen in other workout apps)
- UI seems a little barebones

Major Points from User 3 - Squash

Supporting materials: [Interview Notes](#)

Simple:

- Completed without issue

Medium:

- **[Recommendation] “Focus Points” wording is confusing, “Movement Goals” or “Movement points” would be clearer**
- Tried to generate new workout through the workout “+” button

Complex:

- Completed without issue

Other:

- Focus point confusion is a major issue
- Liked workout videos + information, addressed an issue user faced in the past
- Tried clicking on workout images for more information

Common Issues

- 1) [Major] Multiple users addressed the issue of light text and how it is hard to see
- 2) [Major] Multiple users pressed images of workouts / goals and expected more information
- 3) [Minor] Multiple users mentioned adding breaks to the workout plan (feature of the AI model)
- 4) [Major] Multiple users addressed some confusion regarding the chatbot shortcut buttons
- 5) [Major] Multiple users tried adding a new goal / workout using the workout button